

Staying Emotionally Healthy in a Crazy World

Burslem  Church

Why Do I Feel This Way?

Listen to the message [‘Why do I feel this Way?’](#)

Psalm 42:11

*Why, my soul, are you downcast?
Why so disturbed within me?*

1. Be Honest

The first step to answering this question that the Psalmist raises is ask God to help you be honest. Acknowledge the issues deep in your soul.

John Mark Comer:

‘God is not shocked by your emotions. No matter how messed up your soul may be, God is right there with you, listening.’

2. Identify the problem

Jesus has this amazing ability to look past the superficial to the real cause of people’s issues. Whether it was a blind man who was blind for no fault of anyone Or a Samaritan woman who’d been rejected by 5 husbands, or the man whose sin was paralysing him. Even the crazy guy with a demon. Or the people who weren’t doing what they said they were doing.

We need to follow Jesus’ example and look beyond the superficial with the things that are soul and mind. We need to identify the real issues.

3. Deal with the issues

After we’ve been honest and then started identifying the problems, the next thing that we need to do is to actually deal with the problems. The depth and causes of your issues will determine how you go about getting the support: whether you can do it by yourself, with friend and family, with pastoral support or with professional support.

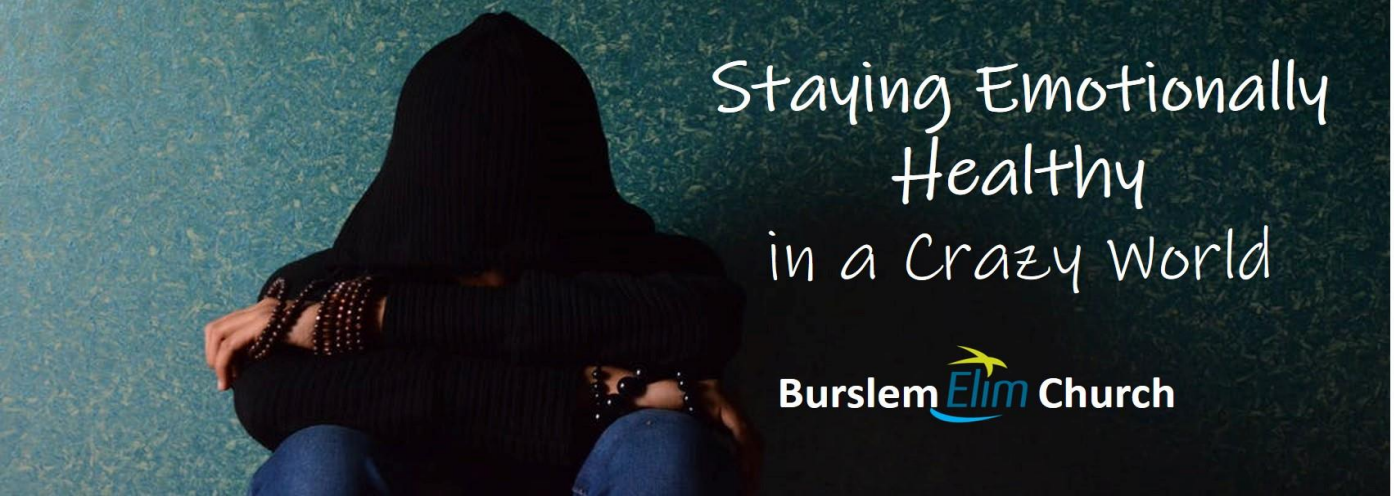
Application

1. Spend sometime alone to ask the question: ‘What am I feeling right now?’ *Make sure you write down what you find.*
2. Identify what has caused you to feel this way: insecurity, past hurts, tiredness, uncertainty? *Again write down the answers.*
3. What do you need to do next with what you have discovered in question 1 and 2? What support do you need? What practical steps can you take? Who can you talk to?

Recommended reading

My Name is Hope, John Mark Comer,

https://www.amazon.co.uk/dp/0615565654/ref=cm_sw_em_r_mt_dp_.lQoFbQSRMBFK



Staying Emotionally
Healthy
in a Crazy World

Burslem  Church